



This publication  
also available under the  
Installation's P- Drive:  
Morale Welfare  
& Recreation folder





## Fort Buchanan Directorate of Morale, Welfare and Recreation

**Director of Morale, Welfare and Recreation** • Mr. John J. Cuite • T- 787-707-3530 • Bldg 1018-D, Buchanan Heights

**Community & Family Activities Program Manager**  
Ms. Odette Ortiz • T- 787-707-2976 • Bldg 1018-C, Buchanan Heights

**Business Operations Division** • Acting Chief:  
Victor Pérez • T- 787-707-3070 • Bldg. 660, Community Club

**Community Recreation Division**  
• Chief: Ms. Mary Davison • T- 787-707-3301 • Bldg. 1018-C, Buchanan Heights

**Financial Management** • Chief:  
Mrs. Marisol Archibold • T- 787-707-3309 • Bldg. 1022-C, Buchanan Heights

**Child & Youth Services**  
• Chief: Dr. Irma Julia  
• T-787-707-3399  
• Bldg. 1020-A • Buchanan Heights

**Army Community Service** • Director:  
Mr. Rafael Gilestra  
• T- 787-707-3292/3804 • Bldg. 1019-A, Buchanan Heights

**Monthly Publication**  
Circulation: 5,000  
Distribution:  
Fort Buchanan Tenant, and Satellite Activities, Post Office, the PX/ Commissary Complex, Community Club, Coast Guard Housing, and other Government Agencies.

This is an unofficial publication. The U.S. Army does not officially endorse sponsors' names, products, services or logos that may appear in this publication.

All information contained herein is subject to change or cancellation without prior notice.

### MWR Marketing & Advertising Staff:

Mrs. Myrna Narváez-  
Chief

Ms. Jannette Yambó-  
Marketing Assistant

Mrs. Neysa Maldonado-  
Illustrator

Mr. Ricardo García-  
Illustrator

Isis Torres-  
Marketing Clerk

Produced by: MWR  
Marketing & Advertising,  
Fort Buchanan, P.R.  
Reproduced by:  
Impresos Quintana

For information or  
suggestions:  
MWR Marketing &  
Advertising,  
T. 787-707-3719/  
3716.  
F. 787-707-  
3715



**"At MWR we are dedicated to providing support and leisure services that are as outstanding as the people we serve."**



**Employee of the Quarter • Jul-Sep 2004  
& Employee of the Month for September**  
Isaac Cruz from the Fort Buchanan  
Child & Youth Services, Youth Sports

MWR September's employee of the month runner-up was Theresa Román, from the Fort Buchanan CYS School Age Services

### Customer Service Comment Card input:

Referring to the Automotive Skill Center  
"Everyone of the employees are very cordial and helpful. Juan Cruz should be recognized for always going the extra mile to be helpful. He has always gone beyond that which is necessary- he's an A+ guy and employee."

## Army One Source Can Help You Maintain a Close Relationship With Your Teenager!

To maintain a close relationship with your teenager, you need to find new ways to communicate and connect with your teenager. Here are some ideas that may help: Make an effort to really listen to your teenager. Give him your undivided attention. Avoid distractions, such as a ringing phone or the television. Don't interrupt or jump to conclusions.

Respect your teenager's need for privacy. Teenagers are working out their independence, and part of that process may involve spending lots of time alone or with friends and not sharing everything with their parents. Remember that this is part of the process of growing up.

Show that you're interested in your teenager's activities, schoolwork, and friends. Ask questions about sports events, art shows, or tests. Take the time to attend school events, recitals, or matches. This helps you stay connected and gives you a common ground for communicating.

Ask questions that can't be answered with a simple "yes" or "no." Instead of asking, "Is everything OK with you and Angie?" say, "I haven't heard you talk about Angie recently. What's going on with her?"

Ask your teenager what he/she thinks. Ask for his/her opinion about TV shows, music, movies, the news, and anything that's going on in his/her life. By asking for her opinion and then listening to it, you'll be showing him/her that you respect him/her.

Think hard about offering unsolicited advice. For many teenagers, taking advice from parents feels like taking a step back in their struggle for independence. Even when your teenager asks for advice, he might not follow it. Sometimes when teenagers ask for advice, what they're really looking for is someone to listen to them, not someone to tell them what to do.

Take advantage of the time you are together, especially in the car. Instead of trying to force a conversation right after school, when your teenager wants to relax and decompress after the day, try talking at other times, such as when you're driving to school events, sports practices, or friends' homes.

For more information log on to Army One Source at [www.armyonesource.com](http://www.armyonesource.com) or call Army One Source today. **Fort Buchanan POC** is Ms. Wilda Díaz, FAP manager at 787-707-3709, e-mail: [wilda.diaz@buchanan.army.mil](mailto:wilda.diaz@buchanan.army.mil)

## FREE PACKING MATERIALS

FOR MILITARY  
SPOUSES AND  
FAMILIES OF  
MILITARY MEMBERS  
DEPLOYED OVERSEAS



The United States Postal Services is offering free packing materials to spouses and families of military members who are deployed overseas. To take advantage of this service call: 1-800-610-8734 and press 1 (for english and then 3 for an operator) and they will send you free boxes, packing materials, tape and mailing labels. These products are to be used to mail care packages to service members.



Take a look at  
all the activities  
MWR is offering to  
make your holiday  
season more  
enjoyable!



### Let Us Cater To You...

The Fort Buchanan Community Club offers a complete catering service for your special events. Rooms rented for events, big or small (from 50 - 400 people.) Please contact Ms. Helga Negrón at 787-707-3535, x-206, Tue - Fri, 9 am - 4 pm.

Highlights of the Month



## FORT BUCHANAN COMMUNITY CLUB

### Daily Lunches

- Tuesday - Thursday  
11 am - 2 pm  
Buffet Style  
\$5.50 per person

### Bingo Nights

- Tuesday and Thursday  
6 pm  
(Cards sold at 5:30 pm)

### Catering Office

- Tuesday - Friday  
9 am - 4 pm  
Call 787-707-3535,  
x-206 for details.

### Internet Lounge

Free Admission

- Tuesday, Thursday and  
Friday 9 am - 9 pm
- Wednesday 9 am - 2 pm

**Thank You to the CYS Autumn Fest Sponsors!**  
Their contribution is greatly appreciated.

### Access to Fort Buchanan's Commercial Zone

Access policy allows all Federal ID card holders to have access to Fort Buchanan's "Commercial Zone" which includes the Community Club, and the Food Court. The enclave is separated from the rest of the installation by two inner gates. Access to the zone is through the so-called PX Gate on PR 28 (the Goya road). From 4 pm Fridays, through 6 pm Sundays, access through that gate is allowed to any vehicle as long as one of its occupants have a federal government ID card. All other adult occupants must have photo ID. The vehicle does not need to have a DoD sticker. Access to the rest of the installation, past the inner gates is subject to regular day to day access policy (i.e., all occupants must have a valid DoD ID).

### Up-coming Events:

#### CYS Extended Care

Fri, 17 December through 7 January 2004. Register your child!

#### David's 63rd B-Day Super Group Fitness Class

Thu, 2 December, 5:30 pm at  
Fort Buchanan Fitness Center.

#### X-treme Workout

Mon, 6 December, 4:30 pm at Fort Buchanan Fitness Center. Intense 2 hours that include Cycling, Core exercises, and Walking.





## Post Library

### Post Library

Manager: John Tejera

• Telephone: 787-707-3208

• Fax: 787-707-3480/3210

• E-mail: jtp@coqui.net

• Library Website: [home.coqui.net/jtp](http://home.coqui.net/jtp)

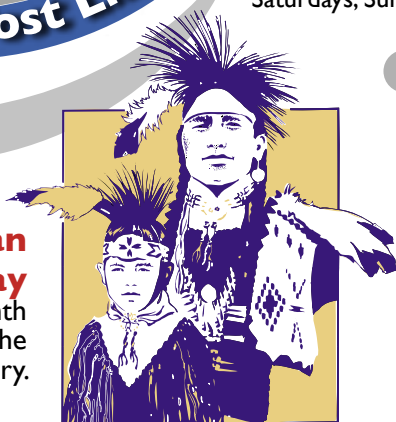
### Operating Hours:

Mondays - Fridays 10 am - 8 pm

Saturdays, Sundays & Holidays 11 am - 5 pm

### Native American Book Display

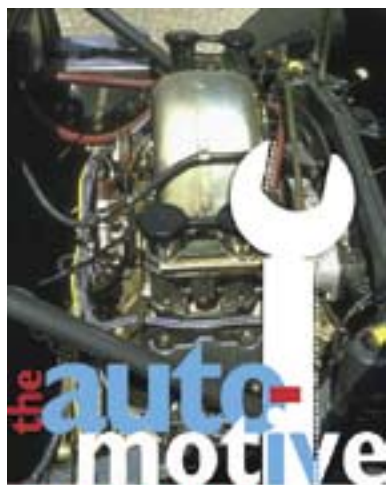
Throughout the month of November at the Post Library.



### Reference Information Online Courtesy of Army Libraries:

Active duty, Reserve and National Guard Soldiers, Department of the Army (including NAF) civilians, military and civilians retirees and their families can access online general library commercial reference databases through Army Knowledge Online (AKO) account. The 21 databases available are based on topics with multiple information and research resources, i.e. Facts for Learning, World Almanac for Kids, Student Resource Center and the Military and Intelligence database among others. They can be accessed through the Fort Buchanan Post Library public computers using your AKO account at [www.us.army.mil](http://www.us.army.mil). After logging in, click on Army Libraries under Self Service on the left side of the screen. Then click on the journals & eBooks link on the right side of the screen to open a new window, which will list the databases.

• A collection of over 25,000 books, educational/recreational videos, audio books, and a compact disc collection for all ages. • Book loans through the computer from libraries outside of Puerto Rico. • Internet services for research and work, including Encyclopedias, Word Processing Programs, ProQuest, SIRS and NewsBank. • Check-out movies in VHS or DVD's for authorized patrons at no cost. • Portable CD Players w/ headphones can be checked-out for use inside the Library (for ID card holders).



### the auto-motive skill center at Fort Buchanan

- do your own minor repairs
- maintain your car
- AACA stickers
- PR Vehicle Inspections

Open Tuesdays - Fridays 9 am - 6 pm

Saturdays 8 am - 5 pm

Sunday, Mondays and Holidays closed

• Clean-up time 1/2 hour before closing time.

For details call 787-707-3972

### Planning a party?

The Community Recreation Division has four picnic areas available for group activities at a nominal fee. The Cabaña Picnic Area is the largest facility that holds approximately 250 persons. It has a stage area, dance floor, enclosed area for food serving and restrooms. Facilities are available from Monday - Sunday, 6 a.m. to 11 p.m. A refundable deposit is required. Please have date and alternate date ready when making reservations. Reservations must be made in advance at Equipment Checkout, Bldg. 67, 787-707-3734, Mondays and Fridays 8 am - 5 pm; Saturdays 8 am to 12 noon.



Cabaña Picnic Area



Themes for the month:

**10 Nov**

• **"Holiday Cards for the Soldiers"**

**17 Nov**

• **"Thanksgiving"**

*Parents must stay in the library while story time is in session.*

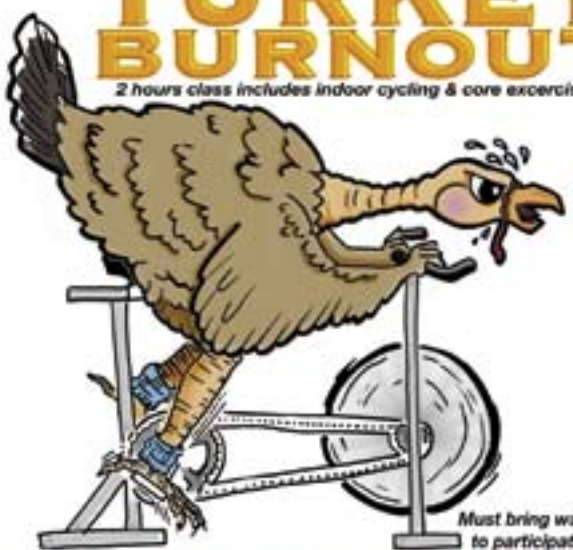


### Rent the Equipment you need...

At Equipment Checkout, located at Bldg. 67, Fort Buchanan, you can rent a wide range of equipment and tools for many of your needs. Save by renting at nominal fees. For details visit or call Equipment Checkout at 787-707-3734, Mondays and Fridays 8 am - 5 pm (4:30 pm to pick-up or return items); Saturdays 8 am to 12 noon.


# INDOOR CYCLING TURKEY BURNOUT

2 hours class includes indoor cycling & core exercises



Must bring water to participate!

**THU. NOVEMBER 18 '04**  
4:30 - 6:30 PM AT THE FITNESS CENTER

sponsored by:  For more information and to register call the Fitness Center at 787-707-3767



SEE THE MWR LEISURE GUIDE'S BACK COVER

## THANKSGIVING turkey trot 10k

**Saturday, 13 November,**  
5 pm at the Fitness Center,  
Bldg. 167. For ages 15 and above.  
Awards for top 3  
in each category. T-shirts for the  
first 84 to register.  
Registrations: \$5 AD/Family,  
\$8 others (day of race: \$3 additional).

## Fitness Ongoing Programs:



**Spinning Class:**  
Tuesday & Thursday,  
5:30 am.  
Wednesdays, 6 pm  
Mon - Thu,  
12 noon & 4:30 pm  
Saturdays, 1 pm

### Civilian Wellness Program:

DoD employees are authorized work time up to 3 days per week, 1 hour a day, for 6 consecutive months to participate (once during employee's career). Enrollment at the Fitness Center, Bldg. 167, with medical certificate signed by a doctor, supervisor's authorization, and the health risk questionnaire. For information call 787-707-3767.

### Group Fitness, Aerobic Class:

Monday and Thursday  
5:30 pm. 60 Mins. with  
instructor David Yourch.  
Tuesdays: Body Toning Class,  
5:30 pm. For details call  
787-707-3767.

### Walking Program:

Enjoy the benefits of walking!  
Tuesdays and Thursdays at  
5:30 pm.

### Pick-up Basketball:

Monday thru Friday,  
3:30 - 5:30 pm



### Golden Age Program:

For patrons 50 years of age  
or over. Socialize and enjoy  
physical activities. Tuesdays and  
Thursdays from 9 - 10 am.  
Medical certificate required.  
Sign-up at the Fitness Center  
787-707-3767.



### Racquetball Challenge:

Mon thru Fri • 11 am - 1 pm  
Tuesdays & Thursdays 4 - 7 pm  
During these hours participants sign-up to  
challenge the winner of preceding games.  
Racquetball court is open to all participants;  
no individual reservations made during this  
period. For details call 787-707-3767.

## Fort Buchanan Fitness Center & Sports Program

**Sports Director:**

Luis Robles, 787-707-3277

**Fitness Center Manager:**

Roberto Fernández, 787-707-3767

**Sports Specialist:**

Juan R. Sanfeliz, Jr., 787-707-3277

**Fitness Center**

**Hours of Operation:**

Mon - Fri, 5 am - 9 pm

Sat, 8 am - 6 pm

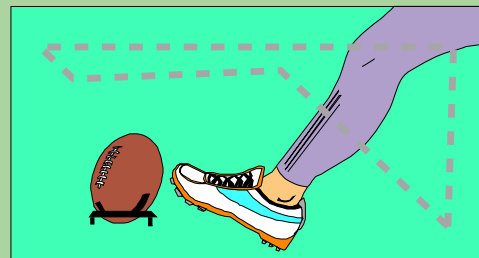
Sun, 9 am - 5 pm

Holidays hours announced as  
they come, call for update.



## Fort Buchanan

# FLAG FOOTBALL season



**Registration Deadline: 11 Nov '04**

- **League starts on 23 November • 6 pm**  
at Maxie Williams Field
- **Coaches Meeting on 17 November • 3 pm**  
at the Fitness Center
- **Fees:** Army AD Free  
Other military \$250  
Other Authorized \$300  
ID Sponsored Teams \$400

For details call the  
Sports Office at  
**787-707-3277**

Sports and Fitness







**A New Year is starting soon, and it's time to think of a nice place to welcome it with your friends and family!**

The Fort Buchanan Community Club is preparing a great party for that occasion. Dinner, Dance, Party Favours, Champagne and Breakfast! Tickets sold throughout December at the Club. Call 787-707-3535, x-200 for details.

# Thanksgiving Buffet at the Community Club

**Featuring: Trío Los Cemfes**

Thursday, 25 November • 12 noon - 3 pm

**Menu** (served from 12 noon - 2 pm)

**Roast Turkey**

w/mushroom sauce, Gilbert gravy

**Baked Fresh Ham**

w/Hawaiian sauce

**Baked Mahi Mahi**

w/lemon sauce

Creamed Whipped Potatoes

Wild Rice

Sweet Potatoes

Fresh Steamed Brussel Sprouts

Baby Glazed Carrots

Assorted Salad Bar

Assorted Desserts (candies, fresh fruits)

Butter & Hot Rolls / Coffee or Tea

**Price:** \$16.95 Adults

• \$8 Children ages 6 - 12/ Free ages 1 - 5

For details call 787-707-3535, x-200 or 787-707-3711



# Fort Buchanan 2004 Holidays

"Our Earth's Holiday Traditions"

**Friday, 3 December**

2 - 10 pm at the  
Community Club area

**Featuring:**

- ★ Holiday Parade ★ Santa's Visit
- ★ Live Entertainment ★ Choirs
- ★ Interactive Activities ★ Typical Food
- ★ Holiday Tree Lighting and More!

The entire community is invited! For details call the project officer at 787-707-3778





## Our Mission is Caring...

- **CYS Chief**, Dr. Irma Julia, Tel. 787-707-3399
- **CDS Coordinator**, Ms. Carmen Dieppa, Tel. 787-707-3598
- **SAS Director**, Ms. María Martínez, Tel. 787-707-3468
- **MSP Rec. Specialist**, Ms. Carmen Ortiz, Tel. 787-707-3783
- **Teen Center Rec. Spec.**, Ms. Mildred Pérez, Tel. 787-707-3826/3822
- **CLEOS**, Mr. Joseph Marton, Tel. 787-707-3432
- **Supervisor Recreation Specialist YS**, Ms. Mara Clemente. 787-707-3434

**707-KIDS** A hotline to express your concerns or alert the School Liaison Officer and the Command of issues related to our youth. A way for the community to support our youth.

## Child & Youth Services Registration by Appointment

CYS Central Registration Office operates Monday to Friday from 7:30 am to 4:30 pm via appointments. Please call and make an appointment to register for a youth program in the community! Please visit us at Building 1020, Buchanan Heights, or call us at: 787-707-3787.

## Lights on After School Program encompassing CYS Programs contributes to Friendship Skills & Diversity

On 14 October 2004, from 4 to 6 pm a collaboration of many Child and Youth Services (CYS) components celebrated 5<sup>th</sup> Annual Lights On Afterschool in conjunction with a 7000+ other after school programs world wide [www.afterschoolalliance.org](http://www.afterschoolalliance.org). Lights On Afterschool!, is one of the many nationwide events celebrating afterschool. Lights On Afterschool! brings attention to the need for afterschool programs that keep kids safe, help working families, and improve academic achievement. As affiliate members of the Boys & Girls Clubs of America, the Fort Buchanan CYS Program; School Age Services (SAS), Middle School Program (MSP), Youth Sports Program, and the Teen Center all rallied in the DDESS Antilles Intermediate School in celebration of the event. A total of 23 CYS staff members, over 50 parents, and approximately one hundred and fifty youth celebrated in the event.

Among the many talented youth and adults who contributed to the success of the rally; CYS Staff welcomed the group and spoke about the meaning of Lights On Afterschool!, dance troupes performed (MSP and SAS), songs by youth were shared (SAS), songs were shared by the SAS Kindergarten Group, the B&GCA Youth for Unity Pledge was read by Eric Navedo (MSP), all joined in together to sing "We are the world" followed by "Lights on!" (Lighting of the candles), and in closing FOOD! CAKE! and program information was provided to all present.



Left & Below:  
"Lights On After School!" Performers at School Age Services...



Above: Some of the artists that performed in "Lights On After School!"



Right: CDC children took part in efforts to help Haiti.



Above: participants in the Teen Slumber Party held on October '04

## COMING IN DECEMBER...

- Extended Care from 17 December 2004 - 7 January 2005, 6 am - 6 pm. Sign-up your child!

## SAS 4-H Initiation

Thursday, 4 November,  
4 - 5:30 pm at SAS Bldg. 148.

## SAS Sharing Quality Time with Your Child

Thursday, 18 November, 4 - 5:30 pm at SAS Bldg. 148.

## Military Family Luncheon

Tuesday, 23 November, 10:30 - 11:30 am at CDC Bldg. 348.

## NEED A BABYSITTER?

CYS has certified 8 babysitters. For more information contact the Outreach Services at 787-707-3787 or visit our office at Buchanan Heights Bldg. 1020, Buchanan Heights.



## Fort Buchanan AFAP (Army Family Action Plan) Conference

• 8 - 10 November, Fort Buchanan  
Community Club, 8:30 am - 4 pm

**Everybody is eligible to submit issues concerning "Quality of Life". Write your issues no later than 4 November**, using the AFAP Issue Form, and drop them at the AFAP Issue boxes. Boxes are located at the Post Office, Commissary, PX (AAFES Main Store), Community Club, Welcome Center, and Army Community Service. **You may also participate in the AFAP Process by volunteering to be:** Delegate, Facilitator, Recorder, Issue Support Person, or Computer Transcriber.

## Exceptional Family Member Program

### EFMP Activity

### Theme: "ADHD Resources and Support Groups."

Tuesday, 9 November 1:30 - 3 pm at ACS  
Conference Room, Bldg. 1019, Buchanan  
Heights. For details call 787-707-3295.

## Family Advocacy Program



Family  
Advocacy

### "Army Families are Essential to Readiness"

The Family Advocacy Program has the mission to promote family well-being. We can help find positive ways to create and maintain healthy and happy military families.

### • Annual Mandated Training (IAW AR 608-18)

Covers definition of domestic violence, reporting procedure, education and treatment resources for families and soldiers.

- (1) Family Violence Awareness/Prevention for Military/Civilian Personnel
- (2) Recognizing and Reporting Child Abuse/Neglect for ACSS and
- (3) Family Advocacy Commander's Training Course (FACT): Family Violence Prevention for Unit Commanders and First Sergeants

### New Parent Support Program (NPSP)

If you are an expectant parent or are a parent of children ages 3 or younger, please call NPSP for information and events. You will receive an information package and a FREE "Stops Crying: Heartbeat Musical Therapy" CD or cassette.

For information, please contact Ms. Wilda Díaz, FAPM at (787) 707-3709 or wilda.diaz@buchanan.army.mil

## Army Community Service

Director: Mr. Rafael Gilestra

Tel. 787-707-3292

7 am - 4:30 pm

## Looking for a job?

Welcome to MilSpouse.org  
Enter this address in your Web Browser <http://www.milspouse.org/>  
MilSpouse.org is your resource library for **employment**, **education** and **relocation**. Here you will find thousands of resource links to employment related information and other resources for military spouses and families. For assistance with your job search contact the Employment Readiness Program Manager, Mr. Joe Martinez, 787-707-3365,  
[jose.martinez3@buchanan.army.mil](mailto:jose.martinez3@buchanan.army.mil)

## Relocation Readiness

### Health Local Info. Tour

Wednesday, 17 November, 8:30 am - 12:45 pm, meeting at ACS Bldg. 1019, Buchanan Heights. This is a mandatory tour for all newly arrived soldiers. Family members are highly encouraged to attend. A briefing from TRICARE and Health Clinic staff will be presented from 8:30 - 9 am. A tour will follow, with a drive by local hospitals, including "Clínica Las Américas." **Don't wait until an emergency arrives! Know how to get around to your nearest Tricare network hospital.**

### Trip to Farmers Market

Friday, 5 November, 8:30 am - 12:30 pm. Fresh produce and specialty bargain shops to visit. For details call 787-707-3682/3697.



### Flower Arrangement Pre-Christmas Shopping Trip

Thursday, 18 November, departing from the Welcome Center, Bldg. 152 at 9 am. Come and shop for your materials to use in the next Christmas Flower Arrangement Class to be held on Friday, 10 December at the Community Club, starting at 6 pm.

## Free Money for College

MG James Ursano Scholarship  
Program Eligibility

### Applicants must be...

- Dependent children, stepchildren or legally adopted children of Army soldiers on active duty, retired, or deceased while on active duty or after retirement.
- Unmarried for the entire academic year.
- Under the age of 22 on May 1 preceding the beginning of the academic year (AY).

### Scholarship applications:

Available beginning November. Information, documents and submissions available thru [www.aerhq.org](http://www.aerhq.org) or at your AER Office at Bldg. 1019, Buchanan Heights.

### Scholarship Fund Uses:

May be used to assist with tuition, fees, books, supplies and school room and board either on or off campus. More information call Ms. Doris Planas, AER Officer, 787-707-

## Army Family Team Building (AFTB)

### AFTB Steering Committee

**17 November**, 9 am - 12 noon at ACS, Bldg. 1019, Buchanan Heights. For details call 787-707-3290.

## Financial Readiness Program Classes

The purpose of these trainings is to provide participants with practical approaches to financial management issues, to help them gain control over their finances, and to learn to manage money effectively.

### Using Credit Wisely

Wednesday, 3 November

### Getting Insurance

Wednesday, 17 November

Classes from 10 - 11:30 am at ACS, Bldg. 1019. For details call Ms. Doris Planas at 787-707-3310. [doris.r.planas@buchanan.army.mil](mailto:doris.r.planas@buchanan.army.mil)





What happened?



## Thanksgiving Food Voucher Program

Football season started; local stores sold out Halloween merchandise, so we know that it's Fall in Puerto Rico. Thanksgiving is right around the corner so Fort Buchanan Army Community Service (ACS) is sponsoring the Thanksgiving Food Voucher Program. The purpose is to provide financial assistance for the Thanksgiving family meal (that can only be purchased at the Post Commissary), for soldiers and their families who find themselves in need during this holiday season. First Sergeants and Command Officers received nomination forms in mid-October, so if you think you are eligible ACS encourages you to complete a nomination form and return it to ACS office, Bldg. 1019-C, Buchanan Heights, no later than 5 November at 4 pm. Food Vouchers will be distributed on Wednesday, 10 November from 9:30 - 11:30 am and 1 pm - 3 pm. If you have any question please feel free to contact Ms. Doris Planas at 787-707-3310.

## Let's help our troops keep in touch with their loved ones...

### The 550-Unit Military Exchange Pre-paid Phone Card Available to Help Our Troops Call Home

The Department of Defense has allowed the Army & Air Force Exchange Service (AAFES) to sell pre-paid calling cards that are designed for overseas use (for use outside the U.S.; unlike regular calling cards). The 550-Unit Military Exchange Pre-paid Phone Card can be purchased by anyone who wishes to make a donation to an individual service member or "any soldier" at [www.aafes.com](http://www.aafes.com) (1-800-527-2345). Just follow the icon on the right to "Help Our Troops Call Home."

## Fort Buchanan Directory of Morale Welfare and Recreation Activities

### ARMY COMMUNITY SERVICE PROGRAMS

- **Admin./ Information & Referral**  
Bldg. 1019, Buchanan Heights  
Tel: 787-707-3804/3948,  
Fax: 787-783-1490  
rafael.gilestra@buchanan.army.mil
- **Exceptional Family Member**  
Tel: 787-707-3295  
raymond.morales@buchanan.army.mil
- **Relocation Readiness (& Lending Closet)**  
Tel: 787-707-3697/3682,  
adria.lucca@buchanan.army.mil
- **Installation Volunteers**  
Tel: 787-707-3365  
jose.martinez3@buchanan.army.mil
- **Employment Readiness**  
Tel: 787-707-3365  
jose.martinez3@buchanan.army.mil
- **Financial Readiness**  
Tel: 787-707-3310  
doris.r.planas@buchanan.army.mil
- **Army Emergency Relief**  
Tel: 787-707-3310  
doris.r.planas@buchanan.army.mil
- **Family Advocacy**  
Tel: 787-707-3709  
wilda.diaz@buchanan.army.mil
- **Army Family Team Building, Army Family Action Plan & Mobilization & Deployment**  
Tel: 787-707-3290  
ernesto.berrios@buchanan.army.mil

### CHILD & YOUTH SERVICES

- **Administrative Office**  
Bldg. 1020 A & B, Buchanan Heights  
Tel: 787-707-3399 Fax: 787-707-3392  
irma.julia@buchanan.army.mil
- **Child Development Center** Bldg. 348,  
Las Colinas, Tel: 787-707-3598/3769  
Fax: 787-707-3187  
millie.m.dieppa@buchanan.army.mil
- **Family Child Care Program**  
Bldg. 1020- A, Buchanan Heights,  
Tel: 787-707-3269, Fax: 787-707-3392  
irma.julia@buchanan.army.mil
- **Middle School Program**  
Bldg. 1025, Buchanan Heights  
Tel: 787-707-3783 Fax: 787-707-3392  
carmen.mortiz@buchanan.army.mil
- **School Age Services**  
Bldg. 148, Telephone: 787-707-3280  
Fax: 787-707-3376  
maria.m.martinez@buchanan.army.mil
- **Teen Center**  
Bldg. 519, Tel: 787-707-3826/3822,  
Fax: 787-707-3392  
mildred.a.perez@buchanan.army.mil
- **Youth Services Sports**  
Bldg. 1020 B, Buchanan Heights  
Tel: 787-707-3466, Fax: 787-707-3392  
mara.clemente@buchanan.army.mil
- **Community Project Officer •CLEOS**  
Bldg. 1020 A, Buchanan Heights  
Tel: 787-707-3432 Fax: 787-707-3392  
joseph.marton@buchanan.army.mil

### COMMUNITY OPERATIONS DIVISION

- **Administrative Office**  
Bldg. 660, Community Club  
Tel: 787-707-3070; 787-707-3535 Ext. 200 (Comm) Fax: 787-707-2650  
victor.perez@buchanan.army.mil
- **Bowling Center** Bldg. 168  
Tel 787-707-3272 or 787-273-0220 (Commercial), Fax: 787- 707-3524  
luis.r.torres@us.army.mil
- **Community Club** Bldg. 660  
Tel: 787-707-3535, Ext. 200  
Catering Office: Ext. 206  
Cel.787-528-5319 billmerr@coqui.net
- **El Caney Lodge**  
Bldg. 678, Tel: 787-707-3633/3634,  
Fax: 787-707-3939  
lodging@usarso.army.mil
- **Golf Club** Bldg. 171  
Tel: 787-707-3980,  
Pro-shop 787-707-3852  
Fax: 787-273-7233 (Commercial)  
golfbuch@coqui.net

### FINANCIAL MANAGEMENT DIVISION

- **Cable TV**  
Bldg. 1022-D, Buchanan Height  
Tel: 787-707-3215 Fax: 787-707-3551  
marisol.archibold@buchanan.army.mil

### COMMUNITY RECREATION DIVISION

- **Administrative Office**  
Bldg. 1018-C, Buchanan Heights  
Tel: 787-707-3301/3778  
Fax: 787-707-2008  
mary.e.davison@buchanan.army.mil
- **Automotive Skill Center**  
Bldg. 159 • Tel: 787-707-3972  
falbert@coqui.net
- **Equipment Checkout**  
Bldg. 67 • Tel: 787-707-3734  
Fax: 787-707-3416
- **Sports Program** Bldg. 167  
Tel: 787-707-3277 Fax: 787-707-3263  
luis.r.robles@us.army.mil
- **Physical Fitness Center**  
Bldg. 167, Tel: 787-707-3767  
Fax: 787-707-3263  
roberto.fernandez3@us.army.mil
- **Post Library**  
Bldg. 518 (beside the "Banco Popular")  
Tel: 787-707-3208 Fax: 787-707-3480  
jtp@coqui.net Library Website:  
home.coqui.net/jtp
- **The WaterSpout** Bldg. 161  
Tel: 787-707-3550  
jorge.s.villalba@us.army.mil

■ For general information on MWR monthly or special events call 787-707-3711



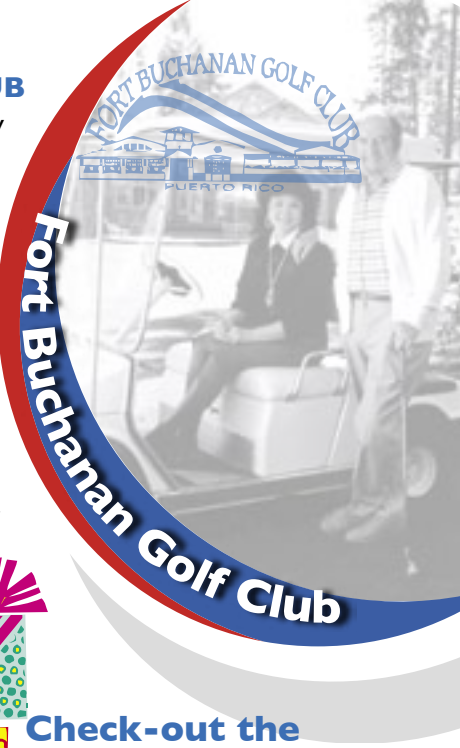


## GOLF CLUB

Manager: Jerome Hesby  
Tel. 787-707-3980  
• Pro-shop: 787-707-3852  
Fax: 787-273-7233  
• E-mail: golfbuch@coqui.net

Enjoy breakfast at the  
**Golf Club Snack Bar**  
Your choice... eggs cooked to  
order or continental breakfast.  
Starts every day at 5:30 am.

**Lunch Specials**  
Mon - Fri, 10:30 am - 4 pm.



## Turkey Shoot Match Play

Saturday, 20 November,  
8 am shotgun start.  
Cost: \$25 members • \$30 guests  
Includes Continental Breakfast,  
Carts, on-course Beverages, and  
Turkey's for match winners!

## Thanksgiving Day 25 November- Golf closed

Happy Thanksgiving. Members may walk the  
course at their leisure. Restrooms available  
at hole #5.



## Month End Madness 2 person Scramble

Friday, 26 November, 12:30 pm.  
Cost: \$35 members • \$45 guests

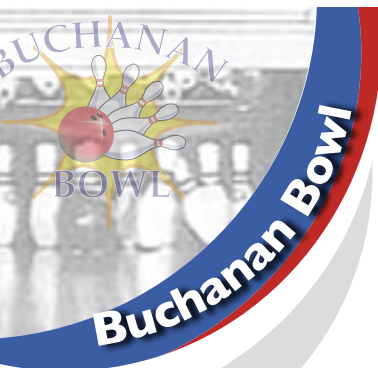
## Free Saturday Clinics

Children (7 years and above)- 12 noon  
Adults- 1 pm. Must register in advance  
by calling or visiting the Pro-shop.  
**787-707-3852**  
6 Nov- Putting  
13 Nov- Chipping and Short Irons  
20 Nov- No clinic  
27 Nov- Long Irons and Woods



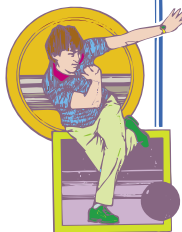
## Check-out the Golf Pro-Shop

A variety of specialty gifts  
available for the golfers  
among your friends or family!  
*(it's not too early to  
think "Christmas")*



## BUCHANAN BOWL

Manager: Luis Torres  
• Tel. 787-707-2695  
• 787-707-BOWL  
E-mail:  
luis.r.torres@us.army.mil



## Celebrate your child's Birthday at Buchanan Bowl

Birthday packages include:  
Bowling Lanes w/shoes for your guests, food and  
beverage, and lots of fun! You only bring your cake  
and your guests, as simple as that.  
Call for fees and reservations at **787-707-2695**

## Hours of Operation

### Snack Bar

Monday to Thursday  
11 am to 9 pm  
Friday 11 am to 12 midnight  
Saturday 11 am to 11 pm  
Sunday 10 am to 8 pm

### Bowling Hours

Monday to Thursday  
1 pm to 10 pm  
Friday 11 am - 1 am  
Saturday  
11 am to 12 midnight  
Sunday 10 am to 9 pm

**Bar:** Thursdays 5 - 10 pm  
Fridays 5 - 12 mn  
**Free admission.**



**ENJOY OUR DAILY LUNCH  
SPECIALS. LOCAL FAVORITES  
AVAILABLE!**

## BOWLING PRO-SHOP AT YOUR SERVICE...

The Bowling Center Pro-Shop re-opened on October 9, 2004. The shop is run by Mr. Mike Pérez. He has a vast experience in Bowling retail, first at Bayamón Bowling Center and then at Cupey Bowling Center.

At the Bowling Pro-Shop you'll find Bowling Blass, Bowling Shoes and Bags. You can also get holes made for your new balls, plus resurface, clean and polish bowling balls.

The Pro-Shop is open  
Monday to Thursday from 5 to 9 pm. Fridays  
from 5 to 10 pm, Saturdays from 10 am to  
8 pm, and on Sundays from 10 am to 6 pm.  
**Phone: (787) 707-2567.** Visit Mike's Pro-Shop and see for yourself!





10 km run

SATURDAY,  
**13 NOVEMBER**  
2004

Starting at 5 pm at the Fitness Center area

- Awards for the Top Three in each Category
- T-shirts for the first 84 to register.

**CATEGORIES:**

Male: 15 - 18; 19 - 26; 27 - 35; 36 - 45; 46 - 54, 55 and over.

Female: 15 - 24; 25 - 34, 35 - 44, 45 - 54; 55 and over.

**FEES:**

Active Duty/Family Members \$5

• others \$8 *Registration same day of race: \$3 additional.*

**For more details call 787-707-3277 or 3767.**

The U.S. Army does not officially endorse sponsors.

Sponsored by:



**FUN RUN FOR YOUTH**

Wed, 17 Nov '04 • 4 pm  
at Pee Wee Field

Ages 4 - 18 years/ 7 categories.  
Prizes

**FREE!** For details call 787-707-3466

